

DAA2204 - 08C9 (11884) and DAA2204 - 08CU (18715)  
**CONTEMPORARY BALLET PRACTICES 1**  
University of Florida School of Theatre and Dance  
Spring 2023

**Instructor:** Melissa Montilla   **email:** [mmontilla@arts.ufl.edu](mailto:mmontilla@arts.ufl.edu)  
**phone:** 352-538-7537

**Class meetings:** 8:45 - 10:25 AM  
2 Credits / Classroom: CON G010 / Mondays and Wednesdays / Period 2 - 3

**Course Website:**

**Communication:** You may call, text, or email. I prefer emails via Canvas. Text is the most effective. You are welcome to text me with any questions or concerns 24/7. I will reply ASAP. I am also available before and after class. If that does not work for your schedule, please email, or text me and I will set up an in person, call, or zoom meeting.

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ALL technical issues are to be resolved by you directly with the UF Computing Helpdesk which is available to you 24 hours a day, 7 days a week

- (352) 392-HELP (4357) – select option 2
- [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu) (email this address)
- UF Computing Helpdesk Walk-In (HUB, 132) hours: Mon - Thurs: 7:30 am - 10:00 pm; Friday: 7:30 am - 5:00 pm; Weekends: 12:00 pm - 6:00 pm

*All UF syllabi are subject to change. This syllabus represents current plans and objectives. During the semester, those plans may change to clarify the class learning opportunity and you are individually responsible to follow updates provided: your regular attendance ensures you will be up to date.*

**Catalog Description:**

Basic ballet technique with discussion of terminology and history.

**Prerequisite:** [DAA 1000](#) with minimum grade of C, or audition.

**Description:**

Ballet is a movement vocabulary codified to explore emotion, feeling, and ritual. In the familiar cadence of line and form the experience can be clear and connected. At any given moment in its history, Ballet has been a contemporary practice influenced by social, political and environmental context. In this moment it is contemporary to us, and influenced by our experiences and context. This class explores these layers of practice and context with deep regard for the nourishment of the human body and soul.

### **Objectives for Ballet 1:**

1. Consistently practice Ballet with a contemporary context.
2. Gain an understanding of the foundations of Ballet practice with regard for the health and longevity of the artist's body.
3. Explore cultural, political, and environmental contexts of Ballet at a given moment in history.
4. Explore the work of contemporary leaders in Ballet choreography and performance.
5. Gain an understanding of movement principles with regard to biomechanics.
6. Expand the possibilities of Ballet as an expressive art form.
7. Improve strength, endurance, flexibility, balance and mobility.
8. Begin an exploration of teaching practices.

### **Required Texts, Attire, and Materials:**

- All required content will be posted on Canvas site.
- Appropriate footwear: ballet slippers, pointe shoes, or well fitting socks.
- Clothes for comfort and movement. Please layer. The studio is cold.
- Clothes must fit well enough to observe form. Nothing too baggy or floppy.
- When practicing via Zoom household items may be used as a barre.
- When practicing via Zoom Videos must be on.
- Drinking water is encouraged. You may bring a water bottle to class.

### **Course Policies:**

#### **YOU ARE REQUIRED TO ATTEND EACH FULL CLASS**

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

- Do not miss class if you are late. Get in and get going!
- You are responsible for any material that you miss when you are absent.
- Do not come to class sick. Our health is a priority.

**Silence your cell phones and notifications completely before class begins, and refrain from using them during any class time.**

### **NO GUM!!!**

It's a class, so stop and ask a question when you need to. No one in the history of physical exertion has ever been sad for a short pause. We have a thoughtful community full of people interested in learning more, and I am interested in being a better teacher. Interaction is the magic sauce that makes everything better.

Please let me know if you have any injuries or if anything feels uncomfortable or uncertain with your movement. This can be done during class or in confidence at another time. Your safety and wellness is a priority.

Please remember that while UF policy allows students to record classes to support your learning process, you may not post anything publicly without my permission. You may not record, photograph or post any other students without their permission.

**Professionalism / Participation:**

Participation is essential to course success. Showing up is not just a physical act. Students are expected to engage in class discussion, contribute to and support each others learning, complete assignments and listen when others are speaking. The class will be at its best when we all show up for each other.

Week 1	Getting to know each other.
Week 2	Establishing foundations in movement and their relationship to expression and joy.
Week 3	Self assessment due.
Week 4	Focus on Breath
Week 5	Focus on footwork & Paper Topics Due
Week 6	Class
Week 7	Focus on extension
Week 8	Performance week - Floor Barre
Week 9	Class
Week 10	Finding Your Center and midterm paper due.
Week 11	Performance week - Across the floor class
Week 12	Focus on Port de Bras
Week 13	Looking at effective class sequencing.
Week 14	Focus on line, form, and feeling.
Week 15	Practicum
Week 16	Finals Week

**Evaluation:**

- Attendance and Participation (40 points)
- Self Assessment (20 points)
- Midterm Paper - (20 points)
- Teaching Practicum - (20 points)

**Total=100**

**Grading Scale:**

A 93-100 points  
A- 90-92  
B+ 86-89  
B 83-85 points  
B- 80-82  
C+ 77-79  
C 73-76 points  
C- 70-72  
D+ 67-69  
D 63-66 points  
D- 60-62  
E 59 and below

**Important Dates and Deadlines:**

**Drop and Add period ends January 13th, 2023 11:59pm**

- Email [mmontilla@arts.ufl.edu](mailto:mmontilla@arts.ufl.edu) by Noon on the 30th with any questions you might have regarding the syllabus, and any essential information about yourself that you think I should know.

**Self Assessment: January 18th, 2023**

Self assessment of personal Ballet practice (online submission).

**Midterm Paper Topic Due: February 8th, 2023**

**Midterm Paper Due: March 22nd, 2023**

Exploration of context at a given point in Ballet History or for a specific artist (Canvas submission).

**Final / Practicum: April 24th and 26th, 2023**

**No Class Meetings: January 16th, March 6th, March 13th - 17th, April 3rd**

**Important SOTD Dates Available on Canvas Calendar.**

**The Disability Resource Center:**

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the disability Resource Center. [Click here to get started with the Disability Resource Center.](#) It is important for students to

share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

### **Course Evaluations:**

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

### **UF Polices:**

#### UF GRADES AND GRADING POLICY

<https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

#### ACADEMIC CONDUCT

UF students are obliged to abide by the university's honesty policy regarding cheating, plagiarism, and overall academic conduct. The Honor Pledge states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code." The Honor Code ([sccr.dso.ufl.edu/process/student-conduct-code/](http://sccr.dso.ufl.edu/process/student-conduct-code/)) specifies a number of behaviors that are in violation of this code and the possible sanctions.

#### GETTING HELP

For help with Canvas, contact the UF Help Desk!

- <http://helpdesk.ufl.edu>
- (352) 392-HELP (4357)
- Walk-in: HUB 132

#### HEALTH AND WELLNESS RESOURCES

- U Matter, We Care: If you or someone you know is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu), 352-392-1575, or visit [umatter.ufl.edu/](http://umatter.ufl.edu/) to refer or report a concern and a team member will reach out to the student in distress.
- Counseling and Wellness Center: Visit [counseling.ufl.edu/](http://counseling.ufl.edu/) or call 352-392-1575 for information on crisis services as well as non-crisis services.
- Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit [shcc.ufl.edu/](http://shcc.ufl.edu/)
- University Police Department: Visit [police.ufl.edu/](http://police.ufl.edu/) or call 352-392-1111 (or 9-1-1 for emergencies).
- UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville; [ufhealth.org/emergency-room-trauma-center](http://ufhealth.org/emergency-room-trauma-center).

## ACADEMIC RESOURCES

UF Computing Help Desk at 352-392-4357 or via e-mail at [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).

- Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services [career.ufl.edu/](http://career.ufl.edu/).
- Library Support: <https://cms.uflib.ufl.edu/ask> receive assistance on how to best use the libraries and/or find resources.
- Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring. [teachingcenter.ufl.edu/](http://teachingcenter.ufl.edu/)
- Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers. [writing.ufl.edu/writing-studio/](http://writing.ufl.edu/writing-studio/)
- Student Honor Code: <https://sccr.dso.ufl.edu/policies/student-honor-%20code-%20student-conduct-code/>
- Dropping and Withdrawal <https://catalog.ufl.edu/ugrad/current/regulations/info/drops.aspx#withdraw>

## Health Precautions

Please do not come to class with fever, runny nose, coughing, or any other communicable symptoms. I will ensure you have the opportunity to make it up.